



Your Place to Stay Active & Connected

MAY/JUNE 2021

A nonprofit organization enriching the lives of the 50+ population of Birmingham, Bingham Farms, Beverly Hills, Franklin and the surrounding communities since 1978.

2121 Midvale Street • Birmingham, Michigan 48009-1509 • 248-203-5270 • www.BirminghamNext.org

ENTERTAINMENT SERIES AT NEXT!

Let's get together and enjoy some great entertainers, socially distanced! You're invited to kick back and relax while enjoying these exciting performances.

SHEILA LANDIS & A BRAZILIAN LOVE AFFAIR

Tuesday, May 25 at 6:00 pm

Cost: Complimentary members / \$5 guests

Sheila Landis, 7-time Detroit Music Awards Outstanding Jazz Vocalist Winner sings Brazilian favorites like "The Girl from Ipanema" and more, accompanied by talented 7-string guitarist Rick Matle. Originating in the 1950s and 1960s, the "bossa nova" infuses Brazilian samba with American jazz and blues to create a romantic syncopated sound of pure magic! Kindly sponsored by American House Stone.



DANCING WITH THE STARS!

Tuesday, June 22 at 6:00 pm

Cost: Complimentary members / \$5 guests

Join the professional dance instructors from Fred Astaire Dance Studios as they demonstrate all the popular dance styles used for performances in Dancing with the Stars. The talented dance instructors will demonstrate and explain dance styles including East Coast Swing, Cha Cha, Samba, Rumba, Paso Doble, Waltz, Tango, Fox Trot, Viennese Waltz and much more. Remember — Life's Better When You Dance!



DETROIT RED WINGS' KEN DANIELS: Announcer, Father & Co-Founder of the Jamie Daniels Foundation

Thursday, June 3 at 6:00 pm

Ken Daniels was lured away from the CBC in 1997 to take over the play-by-play commentary teaming up with Mickey Redmond. Thus began Detroit's loyal relationship with Ken Daniels that continues today. His success can be attributed to his love of hockey and the fact that he is a genuine good guy who does things right. Ken will share his story and his passions for Detroit hockey. He will also share the story of his son, Jamie Daniels who passed away from an overdose in a Florida predatory rehab facility. Ken and his family have worked hard to develop the Jamie Daniels Foundation and to stop the stigma of addiction and get people talking, sharing and saving lives. Presented by The Jeffares Speaker Series at Next.



FOOD TRUCK FRIDAY - PASTY DAY!

Friday, June 11 at 12:00 pm - Order by Tuesday, June 8

Cost: \$5 members / \$5 guests

Motor City Pasty Company Food Truck is coming to Next! Enjoy a Miner's Delight pasty (ground beef, potatoes, rutabaga, carrots and onions) or a City Chicken pasty (chicken, potatoes, onions, carrots and celery), chips and a beverage! Then, join fellow Next members in the Next courtyard for some much needed socializing and catching up! You can take your delicious pasty lunch to go if you have a tight schedule. Generously sponsored by American House Stone.

COVID-19 VACCINE CLINIC on May 15 at Next – See page 2 for details



HAPPENINGS AT NEXT

COVID-19 VACCINE CLINIC COMING TO NEXT!

We are excited to announce, with the support of Mills Pharmacy + Apothecary, that Next will hold a COVID-19 Vaccine Clinic on Saturday, May 15.

- ▶ Next members and seniors will have priority registering followed by all others. Please call for an appointment by Wednesday, May 5. After that, any remaining appointments will become available to all others, 16 years and older.
- ▶ Next, as evidenced by the last 13 months, is a very safe environment. We continue to follow all CDC guidelines, offering a secure and convenient place to receive your vaccination. There is plenty of close parking, large rooms to accommodate community members and a proven track record of CDC compliance.
- ▶ Next and this Clinic will be open to only those receiving vaccines, no other programming will be held on vaccine days, offering an added level of safety.

Who: Next members and seniors, followed by all others, 16 years and older.

Registration: Next members and seniors register by Wednesday, May 5 for first priority followed by all others.

Vaccine Type: Pfizer or Moderna, based on availability

When: Vaccine #1 - Saturday, May 15

9:00 am to 3:00 pm

Vaccine #2 - Saturday, June 5 or June 12

9:00 am to 3:00 pm

Administered by: Mills Pharmacists

Appointments: are necessary. Please call the Next main office at 248-203-5270.

- ▶ If you or someone you know is a homebound resident and unable to come to Next, Oakland County Health officials will come to you. Please call 810-331-0902 or go to www.GetReadyVaccine.com to register online and complete the Patient Intake Form. Be sure to select "Oakland County Resident – Homebound" on the intake form when prompted. The homebound senior must meet State of Michigan requirements.

NEXT SAFETY PROTOCOLS

A lot has certainly changed this year, but our commitment to the community has never been stronger! We are so glad that so many of our members have been vaccinated and can hopefully reconnect with family members and friends. Here at Next, vaccination is encouraged but not required as that is a personal decision.

- ▶ The big, beautiful, white courtyard tent is returning this Summer so we can again utilize the outdoors for fitness and enrichment programs!
- ▶ Continue to enter Next through the east door where you will be checked in with your name, phone number and a no-touch temperature check. After using the hand sanitizer and answering a few important questions, please enjoy all that Next has to offer!
- ▶ We continue frequent and thorough cleaning and disinfecting daily with multiple hand sanitizers throughout the building.
- ▶ Please maintain 6-feet social distancing and wear a mask covering both your nose and mouth at all times.
- ▶ No outside food intended for sharing is allowed in the building.
- ▶ Participation in classes and presentations will be dictated by room size and social distancing guidelines.
- ▶ Cards and Mah Jongg are back! Please see page 12 for those safety protocols.
- ▶ We encourage you to register for classes and programs on the Next website or call the office with registration information.



THE MORE YOU KNOW

HEALTHY PLANTS: Managing Disease in the Garden via Zoom

Tuesday, May 4 at 12:00 noon

Cost: Complimentary members / \$5 guests

Frustrated by fuzzy leaves and black spots? We lovingly invest our time and resources in our home gardens, so we want the best results we can achieve. Join Dr. Lori Imboden of MSU Extension to learn the basics of using Integrated Pest Management (IPM), a common sense approach to managing disease in your own garden.



SINATRA! The Beginning, The Middle, The End at Next

Part 1: Thursday, May 13 at 1:30 pm

Part 2: Thursday, June 24 at 1:30 pm

Cost: Complimentary members / \$5 guests

Who doesn't love Old Blue Eyes? Frank Sinatra was one of the most popular entertainers of the 20th century, forging a career as an award winning singer and film actor. This is a two-part series — with one hour

each streamed covering Frank Sinatra's career in songs and pictures from his birth in 1915 to his death in 1998.

TRIVIA TIME! at Next

Mondays, May 17 and June 21 from 4:00 to 5:00 pm

Cost: Complimentary members / \$5 guests

Enjoy an afternoon of trivia with a professional trivia host. Teams of four will enjoy friendly competition with a chance to win bragging rights.

REDISTRICTING UPDATE: Learn How You Can Help Draw The Lines! And More! at Next

Tuesday, May 18 at 1:00 pm

Cost: Complimentary

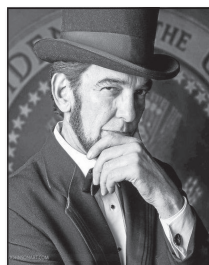
If you take a look at the current Michigan congressional district map, you will see some unusual shapes that were drawn to benefit a particular political party. To change that dynamic, in 2018, Michigan voters passed the Independent Redistricting Commission Initiative. Citizens, not politicians, will draw the state's new legislative districts based on data from the 2020 Census. From the League of Women Voters, join Kathy Henry, Advocacy Committee Chair and Geri Rinschler, V.P.- Community Engagement to learn more about what the commission's responsibilities are, as well as how public input affects the redistricting process. Presented by the League of Women Voters.

BIRMINGHAM'S CITY WIDE MASTER PLAN at Next

Tuesday, May 18 at 6:00 pm

Cost: Complimentary members / \$5 guests

Join Bob Gibbs for a timely presentation on the City Wide master plan's first draft. Bob has been working with DPZ Architects and McKenna Associates since 2019 to develop a 20-year plan for the city's neighborhoods and commercial districts. He will also share the history of Birmingham's master plans over the past 100 years, including the 2016 master plan when he was a co-author. He will also be available for questions. Bob is a nationally recognized Birmingham based urban planner and founder of the Gibbs Planning Group.



PRESIDENTIAL TRIVIA with ABRAHAM LINCOLN at Next

Thursday, May 20 at 1:30 pm

Cost: Complimentary members / \$5 guests

Join us for a fun, fact filled trivia session with our 16th President, played by Mr. Ron Carley, including quiz questions about the 45 men who have held the Office of the

President. Participation is not required to attend this lively, interactive program. Generously sponsored by Pomeroy Senior Living.

THE CHICAGO WORLD'S FAIR at Next

Wednesday, June 9 at 11:00 am

Cost: Complimentary members / \$5 guests

The World's Columbian Exposition, also known as the Chicago World's Fair, shined an international spotlight on the city of Chicago — and for good reason. It was the biggest, most ostentatious fair ever and hosted some of the most competitive talents and exhibitions the world had seen. Join local historian, Gary Rembisz,



as he shares the wonders, tragedies, and lasting influences of the Fair of 1893! Kindly sponsored by Pomeroy Senior Living.

MARIMBA, MARIMBA!

Wednesday, June 16 at 1:30 pm

Cost: Complimentary members / \$5 non-members



What is a marimba? It's a percussion instrument, originating in Africa, with wooden bars that are struck with mallets to produce lovely musical tones. Musician, Paul Demick returns to Next and will share interesting facts, stories and a special performance for your pleasure.



HEALTH SERIES

COVID-19: Where We've Been & Where We're Going via Zoom

Wednesday, May 12 at 1:00 pm

Cost: Complimentary members / \$5 guests

Join us for this highly acclaimed and insightful video featuring Kim Elliott, RN, MSN and Senior VP for Brookdale Senior Living that reflects and analyzes the pandemic. COVID-19 has altered lives, cancelled events and too often became a financial hardship for the American family. Most individuals have been affected in some way, but older adults have been especially impacted. Kim will discuss the pandemic's impact on our general health, well-being and social behaviors — and offer suggestions to remain safe and help with social isolation. Presented by Brookdale Senior Living.



HEALTHCARE 101: Made Simple via Zoom

Thursday, June 17 at 10:30 am

Cost: Complimentary members / \$5 guests

Deb Harris, Healthcare Expert at Trifound will provide answers to questions like: Should I leave my Group Plan? What are Parts A, B, C, D, F and G? What is VA Medicare Insurance? What is IRMMA? What is ARP? And, you might be wondering, will this presentation be helpful if you already have Medicare? The answer is yes — and Deb Harris will provide updates on all of the recent Medicare changes.

ENVIRONMENTAL ALLERGIES

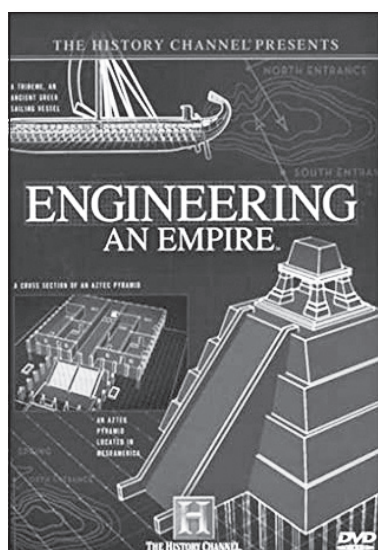
Wednesday, June 30 at 12:00 noon

Cost: Complimentary members / \$5 guests

Are you allergic to pollen, dust, mold, or animals? Did you know that environmental allergies could worsen asthma and cause symptoms resembling food allergies? Come learn how to identify and treat this common disorder that affects nearly 25% of the population. Dr. Claire Ward earned her medical degree at Loyola Chicago and completed her residency and Allergy/Immunology fellowship at University of Michigan. She sees patients with a variety of allergic conditions, including environmental, food, drug and venom allergies — as well as hives, eczema and asthma. She currently practices with Allergy and Immunology Associates in Bingham Farms.



THE BEST OF CURRENT STREAMING AT NEXT



ENGINEERING AN EMPIRE SERIES

Wednesdays at 10:30 am

Engineering an Empire is a History Channel series that explores the engineering and/or architectural feats that were characteristic of some of the greatest societies on this planet.

May 5 - Rome

For more than 500 years, Rome was the most powerful and advanced civilization the world had ever known, ruled by visionaries and tyrants whose accomplishments ranged from awe-inspiring to deplorable.

May 19 - Egypt

Twenty-five hundred years before the reign of Julius Caesar, the ancient Egyptians were deftly harnessing the power of engineering on an unprecedented scale.

June 2 - Greece

Western Civilization has been influenced by many cultures, but it was born in Ancient Greece. The Ancient Greeks laid a foundation that has supported nearly 3000 years of European history.

June 16 - The Maya

At the height of its glory, this mysterious civilization ruled a territory of 125,000 square miles across parts of Guatemala, Mexico, Honduras, El Salvador and Belize.



NEW FITNESS OFFERINGS - SOCIALLY DISTANCED

NEW FITNESS OFFERINGS at Next with Caryn Ciagne

Cost 10 drop-in classes: \$80 members / \$90 guests

Caryn Ciagne, Concierge Wellness Coach and owner of CC Yoga, discovered yoga to reduce stress and anxiety. She continues to enjoy yoga and its myriad of benefits and looks forward to sharing what she has learned!

Monday Moves

Mondays from 9:15 to 10:15 am

Let's move around the Seaholm track together and utilize the fence and benches and other props for stretches and strength work. Park and check-in at Next.

Chair Yoga & Meditation

Tuesdays from 1:00 to 2:00 pm

Thursdays from 12:00 noon to 1:00 pm

Utilizing a chair to sit and to stand beside for support, we will gently stretch and breathe our way into our body. Through this gentle practice, we will release tension and tightness, increase flexibility, strength, body awareness, range of motion and balance, while promoting a feeling of relaxation and calm.

Wednesday Flow Yoga

Wednesdays from 9:15 to 10:15 am

A slow yet strong flow practice suitable for all who may be interested in expanding their yoga practice. This class will explore sun salutations, traditional standing, seated and supine postures to strengthen, improve balance, stretch and calm one's presence. Please bring a yoga mat, water, yoga blocks, strap and an optional towel.

Slow Flow & Yoga Stretch

Thursdays from 10:30 am to 11:30 am

This class will bring strength and balance into your life. Let your breath guide you through a series of postures.

ZUMBA GOLD! at Next

Thursdays at 10:00 am

Cost 10 drop-in classes: \$80 members / \$90 guests

Cost 1 drop-in class: \$10

Shake it at your own pace! This is the dance party for the young at heart. Join certified Zumba Gold® instructor, LaLa Breton, for a low impact, fun session of great moves and great music. Seated options are offered for those who need to build balance.

CHAIR YOGA with Karen Lutz

Wednesdays from 1:00 to 2:00 pm

Cost 10 drop-in classes: \$80 members / \$90 guests

Experience improved flexibility, strength and balance with Karen Lutz, E-RYT. Learn to focus on breathing with gentle stretching and adaptive yoga movements both seated with the option to stand with the support of a chair.

MAT YOGA with Karen Lutz

Tuesdays from 4:00 to 5:00 pm

Cost 10 drop-in classes: \$80 members / \$90 guests

All levels are welcome to join Karen Lutz, E-RYT to learn gentle, adaptable yoga moves that help improve your breathing practices, core strength, balance and flexibility.

MINDFULNESS & MEDITATION with Karen Lutz

Wednesdays at 2:30 pm - Sessions last 30 to 60 minutes

Cost: Complimentary - Donations to Next appreciated.

Begin or deepen your meditation practice in a safe, welcoming environment with Karen Lutz, E-RYT.

TENNIS LEAGUE - MIXED DOUBLES

Wednesdays from 2:30 to 4:00 pm / Fridays from 2:00 to 4:00 pm

The last day for tennis will be Friday, May 7. The group will resume in September.

Next members enjoy indoor play at the Birmingham Racquet Club as a regular league player or sub. Contact David Young at davidmpyoung@gmail.com for information.

BOWLING LEAGUE - SUMMER SCHEDULE

Thursdays at 10:00 am - Cost: \$3.25 per game - Members only

All levels welcome for bowling and camaraderie at Country Lanes at 30250 West Nine Mile Road, Farmington Hills. Cost includes three games, shoes and coffee. No need to register, just drop in. Contact Bob Borgon at 248-388-1191 for more information on the submission.

PICKLEBALL

Cost: Complimentary - Members only

Mondays through Wednesdays from 4:00 to 7:00 pm

Mondays, Thursdays and Fridays from 12:30 to 2:30 pm

LINE DANCING! JOIN THE FUN!

Mondays from 10:15 am to 12:00 noon

Cost 10 drop-in classes: \$80 members / \$90 guests

Cost 1 drop-in class: \$10

Dance Instructor, Christine Stewart invites you to join her in exercising body and mind by learning new steps and line dances as you move to different types of music. Eight student minimum.

LIMBER UP

Mondays, Wednesdays and Fridays at 10:00 am

Cost: Complimentary

This chair-based stretching and fitness video class is all about keeping limber and enjoying the company of good friends.

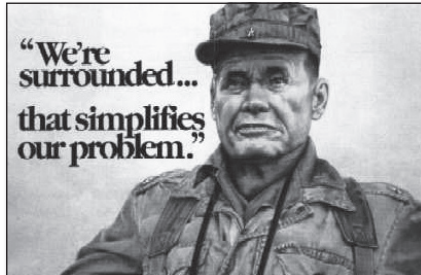
THE JEFFARES SPEAKER SERIES

PLEASE NOTE: We have updated our website! Speakers can now be found under the Activities tab in the Speakers category.

May 6 - SMASHING THE TRAP AT THE CHOSIN RESERVOIR at Next

Professor Bruce Zellers, B.A., M.A. - Oakland University

Known as "The Greatest Escape in Modern History," this battle in 1950 demonstrated American grit and professionalism. General MacArthur felt we couldn't escape when Chinese soldiers surrounded 40,000 Americans in the mountains of North Korea near the Chosin Reservoir. The Americans broke the Chinese grip and fought for 70 miles to safe harbor.



May 13 - IS NORTHERN IRELAND'S PEACE UNRAVELING? at Next

**Professor Peter Trumbore, Ph.D., Political Science
Department Chair - Oakland University**

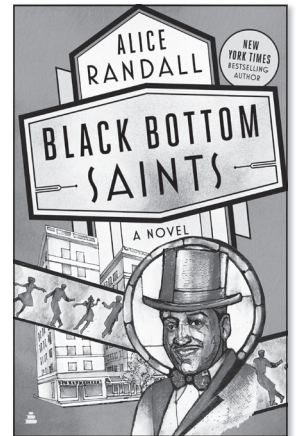
The violent protests unfolding in cities and towns across Northern Ireland in recent days, the worst in years, are a potent reminder of the fragility of the peace that has prevailed there since the 1998 Good Friday Agreement brought to a close more than 30 years of bloodshed. That conflict, known as "The Troubles," took the lives of more than 3,300 and wounded a further 40,000. To put those numbers in perspective, had violence at the same scale unfolded in the United States, the equivalent would be 550,000 killed and 6.8 million wounded. Dr. Trumbore will talk about the roots of the conflict, the tenuousness of the peace, and why Brexit has reignited tensions. Trumbore has been studying the dynamics of the Northern Ireland peace process for more than 20 years, including field research there, interviewing former members of terrorist organizations, political leaders and activists, and community workers in an effort to understand what has allowed the fragile peace to hold.



May 20 - BLACK BOTTOM SAINTS via Zoom from Nashville

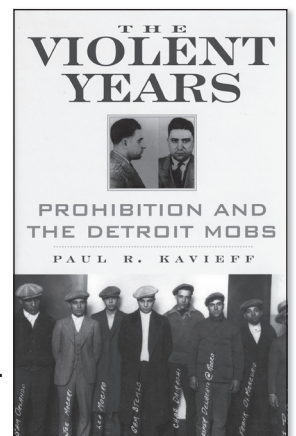
**Professor Alice Randall, Author Essayist
& Songwriter - Vanderbilt University**

Join widely acclaimed author, Alice Randall as she describes her novel, *Black Bottom Saints*, a Parnassus First Editions Club selection. *Black Bottom Saints* chronicles the life of Joseph "Ziggy" Johnson, a gossip columnist and his life on the streets of the Black neighborhood called "Black Bottom" during the heyday of Detroit. *Black Bottom* rivaled and eclipsed Harlem as an engine of Black artistic excellence, economic progress and political power before it was destroyed. Enjoy learning more about Black Bottom as Alice shares her novel — a gorgeous swirl of fiction, history, motor oil and cocktails.



May 27 - DETROIT'S VIOLENT YEARS at Next Paul Kaveeff, Author & Organized Crime Historian

The Giannola vs. Vitale Gang War, The Cross Town Mob War of 1930-31 and The Fish Market Murders are forgotten incidents in the violent history of the Detroit underworld. While the Purple Gang clawed its way to the top of the Detroit underworld in the 20s, the early Detroit Mafia became the major rumrunners on the Detroit River. Known then as the "River Gang," the Italian mob terrorized the liquor traffic, north and south of Detroit. The Carson/Kuzak mob and the Jaworski Gang robbed Detroit banks, pedestrians and gas stations. The Legs Loman Gang, a predominantly Irish group kidnapped other "wise guys." Most of these underworld groups came and went with Prohibition. However, The River Gang evolved into the modern Detroit Mafia.



Bringing a breadth of experience to "advantage" our clients in their real estate transactions.

Presented by Stuart Jeffares at Max Broock Realtors

Join us on Thursdays at 6:00 pm

Cost: Complimentary members / \$5 guests



June 3 - DETROIT RED WINGS' KEN DANIELS Announcer, Father & Co-Founder of the Jamie Daniels Foundation at Next

Ken Daniels was lured away from the CBC in 1997 to take over the play-by-play commentary teaming up with Mickey Redmond. Thus began Detroit's loyal relationship with Ken Daniels that continues today. His success can be attributed to his love of hockey and the fact that he is a genuine good guy who does things right. Ken will share his story and his passions for Detroit hockey. He will also share the story of his son, Jamie Daniels who passed away from an overdose in a Florida predatory rehab facility. Ken and his family have worked hard to develop the Jamie Daniels Foundation and to stop the stigma of addiction and get people talking, sharing and saving lives.



June 10 - COMMON GROUND at 50! at Next Jeff Kapuscinski, Chief External Relations Officer

Common Ground is a 24-hour crisis services agency dedicated to helping youth, adults and families in crisis, reaching more than 80,000 people each year. As a nationally recognized organization respected for its quality, reliability and collaborative spirit, the highly qualified staff, volunteers and board members are equipped to help people move from crisis to hope. Join Jeff as he shares Common Ground's history and vision for the future — to make people feel safe asking for help.



Common Ground

*helping people move
from crisis to hope*

June 17 - THE PROMISE & LIMITS OF TECHNOLOGY FOR SUCCESSFUL LONGEVITY via Zoom from Florida Neil Charness, Ph.D., Professor of Psychology & Director of the Institute for Successful Longevity - Florida State University

We are in the midst of two revolutions: rapid aging of the population and rapid diffusion of technology. The latter holds promise for promoting successful longevity. Professor Charness will outline the two revolutions, describe successful longevity and introduce a framework for technology interventions to promote successful longevity, giving examples of technology interventions to rehabilitate, augment and substitute for functions that normatively decline with age. He will discuss an intervention to promote Zoom use by aging adults during the pandemic and discuss the limitations of technology interventions.



June 24 - LET'S TRAVEL TO TURKEY! at Next Jim and Py Wolfe, Educators and Citizens Diplomats - Global Ties Detroit

Join Jim and Py for a tour of mysterious Istanbul that includes the mosques, harems, museums and hotels. We will see photographs of The Blue Mosque, the Hagia Sophia and Topkapi museums and The Pera hotel, which was the setting for Agatha Christie's "Murder on the Orient Express." We will also visit the Greek and Roman ruins of Ephesus, Purge and Aspendos. Then we will sail the Aegean and Mediterranean coasts in a "gullet," a two-masted schooner and finally take a hot air balloon ride to the "Fairy Chimneys" of Cappadocia. History and mystery meet at this beautiful juncture representing many cultures and religions.





ART & CREATIVITY

PAINTING WITH ACRYLICS & OILS (all levels) via Zoom

Tuesdays, July 6 through August 24
from 10:00 am to 12:00 noon

Cost 8-week class: \$120 members / \$128 guests

Lessons pertaining to new subjects and styles will be introduced every few weeks. Karen Halpern will provide explanation, examples, and inspiration, applicable to each new assignment. Students will paint during class time in their own space. They can also email the instructor for suggestions, advice, and support during the week between class sessions. Ask for supply list!

WATERCOLOR PAINTING WORKSHOP (all levels) via Zoom

Wednesdays, July 7 through August 25 from 2:00 to 4:00 pm
Cost 8-week class: \$120 members / \$128 guests

Join noted Michigan artist Karen Halpern on Zoom as she presents a new assignment at each class, with directions, examples, and inspiration. The subjects and styles will be varied, providing opportunities for continued growth and development. Students paint in their own home space, during class and between classes. During the week students can email Karen for suggestions, guidance, and pats on the back! They may show their completed art in the next meeting, with Karen providing positive commentary and helpful suggestions. A new subject will be presented at that next meeting.

STUDIO ART (prior instruction with chosen materials is required) via Zoom

Thursdays, July 8 through August 12 from 1:30 to 4:00 pm
Cost 6 week class: \$115 members / \$120 guests

Karen Halpern guides students working in their chosen medium (watercolor, collage, acrylics, oils etc.) and their own subject and style. No lessons or assignments. Students develop their work, with their own subjects and ideas, during class in their own chosen workspace. On Zoom there will be opportunities for personal interchange of ideas with other students. Assistance and suggestions from the instructor will be integral to class. Karen is happy to hear from you via email between class meetings, for suggestions and assistance. Participants continue in their own space, and in weekly class with their work "in progress." This is not an introductory level class.

PHOTOGRAPHY CLUB

Tuesdays, May 18 and June 15 from 10:00 am to 12:00 noon
Cost: Complimentary members / \$5 guests

The Next Photography Club seeks to bring people together who have an interest in photography. For information, contact Ed Morykwas at Ed@riveroftime.net or Joyce Harding at joyce-harding6@gmail.com. For information on Photoshop lessons or coaching contact Chuck at info@birminghamphotoclub.org or 248-762-4345.

NEW! MIXED MEDIA PAINTING WORKSHOP at Next Wednesdays, May 19 through June 9 from 1:00 to 3:30 pm Cost 4-week class: \$50 members / \$55 guests

Next welcomes artist/instructor Kay Sulfaro! Join Kay and delve into this unique trending art form utilizing mixed media. Mixed-media painting is one of the most popular art forms today. Subtle washes, glazing, subtracting, layering, added special textures, collaging, and stenciling, are just some of the techniques that will create amazing special effects. Join us in this workshop to experiment and explore in this world of mixed media. With just a little experience, you will be able to create some beautiful effects that will enrich your personal style. (You can work on canvas or on watercolor paper.) Ask for supply list at Next.

NEW! DRAWING WORKSHOP at Next

Tuesdays, June 1 through June 22 from 10:00 am to 12:00 noon
Cost 4-week class: \$50 members / \$55 guests

Join artist/instructor Kay Sulfaro in this introduction to drawing workshop. Drawing is a skill that is easier to learn than you might think. In this workshop you will practice skill-building exercises from Drawing on the Right Side of the Brain, and discover drawing capabilities you didn't know you possess! These exercises will help you steadily build skill and gain confidence in your ability to draw, and you'll have fun along the way. Ask for supply list at Next.

KNITTING & CROCHETING OPEN STUDIO

Mondays at 10:00 am

Enjoy lively discussion with this group of lovely ladies. Tips and ideas shared!

NEEDLE ARTS OPEN STUDIO

Wednesdays at 10:00 am

A great group for quilting, needlepoint, sewing and cross-stitch! All levels welcome!

POTTERY OPEN STUDIO

Thursdays from 10:00 am to 12:30 pm

Enjoy the Open Studio to develop your beautiful pottery projects.

PAINTING OPEN STUDIO

Thursdays from 1:00 to 4:00 pm

Join fellow Next members for camaraderie and enjoy the creative synergies that come from being with other talented artists.

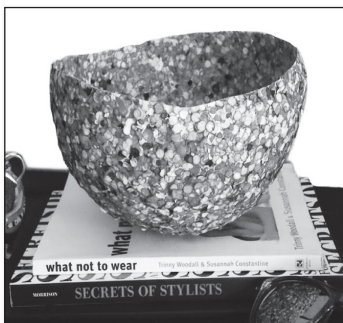
CRAFTING & CONVERSATION

Join Jolee Hentgen, Program Coordinator for an array of craft classes where you will create beautiful items to use as gifts for family and friends throughout the year or in your own home.

CONFETTI BOWLS

Tuesday, May 18 at 11:00 am
Cost: \$15

After the past year I would say it's time to celebrate! Learn to make a super cute confetti bowl in three easy steps. You don't need any crafting skills for this and the results are most appealing. Confetti invokes feelings of excitement and happiness, which is why it makes for an excellent craft project, bursting with color! Once completed, this bowl is so cheery displayed on its own, for a variety of occasions, or simply the ideal vessel for your treasures.



CONFETTI COUPE COCKTAIL GLASSES

Tuesday, May 25 at 11:00 am
Cost: \$20

Sticking with our confetti and celebratory theme — this simple project is certainly not short on impact. Prettier, custom, one-of-a-kind glassware? “Wine” not? All it takes is a little bit of vinyl adhesive and some fine detail cutting to have the most charming, handcrafted confetti coupe cocktail glasses ever! Who's ready for a Summer cocktail out on the patio? You will make a set of two. Talk about happy hour!



BALLOON FLIP FLOPS

Tuesday, June 15 at 11:00 am
Cost: \$10

Summer is FINALLY here! Hooray for flip flop season, a warm weather must! Be different, be unique and make a statement at the beach, lake, pool, picnic or any Summer event. Elevate a simple pair of standard flip flops by adding major flare with colorful balloons. Make these for yourself, daughter, granddaughter or friend. Everyone will “flip” for these adorable “parties on your feet.” Please specify size upon registering.



PATRIOTIC CUPCAKE LINER WREATH

Tuesday, June 22 at 11:00 am
Cost: \$20

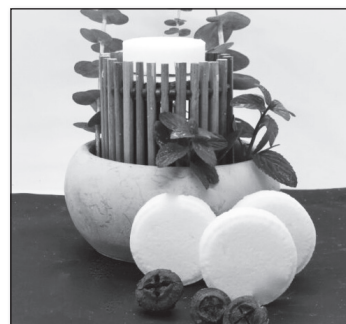
Cupcake liners aren't just for baking anymore. Show your patriotic pride with this whimsical, cupcake liner wreath that can be made in just a few simple steps, and celebrate the Fourth of July in style! Independence Day wreaths are a fun and festive way to celebrate freedom in the USA, and “America the Beautiful.” Nothing quite marks the start of everybody's favorite season like decorating with stars, stripes, and the red, white and blue. As an added bonus, you can pull it out again for Memorial Day, and or Labor Day. Once learning this technique, the possibilities are endless!



ESSENTIAL OIL SHOWER STEAMERS

Monday, May 17 at 1:30 pm
Cost: \$15 members / \$20 non-members

Shower steamers can help turn your shower into a spa-like experience. Participants will make three or four steamers and choose between invigorating, relaxing or springtime scents and a variety of shapes. Your steamers will dry overnight at Next and be available on Tuesday, May 18 for pick up in a pretty gift bag.



FEATURE FILMS

Wednesday Evenings @ 5:00 pm

Cost: Complimentary members / \$5 guests - Please register!

May 5 - MR. HOLMES

Enjoy this murder mystery featuring the character, Sherlock Holmes. This film stars Ian McKellen as Sherlock Holmes and Laura Linney as his housekeeper, with Milo Parker as her son, Roger. Set primarily during his retirement in Sussex, the film follows a 93-year-old Holmes who struggles to recall the details of his final case because his mind is slowly deteriorating. With the help of Roger and persistent flashbacks triggered by their conversations, can Holmes solve remember the case that ended his career?

Rated PG 1 hour 44 minutes

May 12 - THINK LIKE A DOG

A 12-year-old boy, Oliver develops a telepathic connection with his very cute dog after a middle-school science experiment goes awry. The dog-boy duo joins forces and uses their unique perspectives on life to comically overcome the complications of family and school. Stars Josh Duhamel and Megan Fox as Oliver's parents. Movie critics say this is a welcome throwback to Disney live-action classics like "The Absent Minded Professor" and "The Shaggy Dog."

Rated PG 1 hour 35 minutes

May 19 - IRON LADY

In her twilight years, former British Prime Minister Margaret Thatcher (Meryl Streep) reflects on her life and career as she finally prepares to dispose of the belongings of her late husband. Daughter of a grocer, she successfully broke through a double-paned glass ceiling of gender and class. Thatcher became the first female prime minister of the United Kingdom and remained as such for 11 consecutive years, until declining popularity forced her to resign.

Rated PG13 1 hour 45 minutes

May 26 - RUDY

Rudy Ruettiger (Sean Astin) wants to play football at the University of Notre Dame, but has neither the money for tuition nor the grades to qualify for scholarship. Rudy redoubles his efforts to leave the steel mill where his father works when his best friend (Christopher Reed) dies in an accident there. Overcoming his dyslexia thanks to a friend and tutor, Rudy gains admission to Notre Dame and begins to fight his way onto the school's fabled football team.

Rated PG 1 hour 56 minutes

June 2 - AD ASTRA

Astronaut Roy McBride (Brad Pitt) travels to the outer edges of the solar system to find his missing father and unravel a mystery that threatens the survival of our planet and our place in the cosmos.

Rated PG13 2 hours 3 minutes

June 9 - AMAZING GRACE

In 1972, Aretha Franklin, came to the New Bethel Baptist Church in L.A. to record gospel classics, the music of her youth. The result was one of the most acclaimed albums of her career. Witness Aretha Franklin as you've never seen her before — an electrifying performance where she is resplendent in beautiful kaftans with an endearing aura of humility.

Rated G 2 hours

June 16 - THE FAREWELL

After learning that her family's matriarch, Nai Nai has mere weeks to live, Chinese-born, US-raised Billie returns to China to find her family has decided to keep the news from Nai Nai. While the family gathers under the guise of an expedited wedding, Billie rediscovers the country she left behind and is forever changed by her grandmother.

Rated PG 1 hours 40 minutes

June 23 - BEWITCHED

Movie star Jack Wyatt (Will Ferrell) has hit a rough patch in his career. Looking to make a comeback, he signs on to play the role of Darrin in a movie version of the popular 1960s sitcom "Bewitched." Jack insists that an unknown is hired to play his wife, Samantha, so the studio finds an up and comer, Isabel (Nicole Kidman.) Jack later learns that Isabel was cast too well as she actually is a witch!

Rated PG13 1 hour 56 minutes

June 30 - ROOM WITH A VIEW

In this British drama, Lucy Honeychurch (Helena Bonham-Carter), a young Englishwoman is touring Italy with her older cousin (Maggie Smith). At a hotel in Florence, Lucy meets the charming George Emerson (Julian Sands). Although intrigued by George, once she's back in England Lucy ponders settling down with wealthy, staid Cecil (Daniel Day-Lewis). When George reappears, Lucy must decide between him and Cecil.

Also stars Dame Judi Dench.

Rated PG 1 hour 47 minutes



ENRICHMENT

POPULAR READS BOOK CLUB via Zoom

Mondays, May 3 and June 7 at 1:00 pm
(Changed back to First Monday of Month)

Rebekah Craft, Director of the Baldwin Public Library, leads book discussions of popular books. The May book selection is *Homeland Elegies* by Ayad Akhtar — and the June book selection is *The Prettiest Star* by Carter Sickles. Register at Next — and Baldwin Public Library will provide the book!

NON-FICTION BOOK GROUP via Zoom

Tuesdays, May 11 and June 8 at 10:00 am

Facilitated by Mick Howey, Adult Services Librarian, join us to discuss *In Hoffa's Shadow: A Stepfather, a Disappearance in Detroit*, and *My Search for the Truth* by Jack Goldsmith in May — and *The Five: The Untold Lives of the Women Killed by Jack the Ripper* by Hallie Rubenhold in June. Register at Next and Baldwin Public Library will provide the book!

WRITER'S CORNER

Thursdays, May 6, 20 and June 3, 17 from 9:30 to 11:00 am

Join Next members who love to gather and share their common interest in writing. Read your material and get constructive feedback. The first meeting of the month will take place in person, at Next. The second meeting will be conducted via Zoom. For additional information, contact facilitator Sara Burnside at 248-649-1813.

WOMEN'S ROUNDTABLE

Tuesdays at 11:00 am

Join us to get to know other women here at Next. This group will give women the opportunity to gather in the spirit of friendship and camaraderie.

MEN'S ROUNDTABLE

Wednesdays at 9:00 am

Men of Next gather together for an opportunity to enjoy each other's company.

CURRENT EVENTS DISCUSSION GROUP via Zoom

Fridays at 12:00 noon

With so much going on in the world today, it can be difficult to keep up with it all. Come join other members in this casual discussion group about current events.



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CARDS, TILES & COLLECTORS CLUBS

Next is excited to safely return to card playing and Mah Jongg!

To that end, here are some safety protocols and guidelines for you!

- We are so glad that so many of our members have been vaccinated. At Next, vaccination is encouraged but not required, as that is a personal decision.
- Upon arrival to Next, all members will be checked in with screening questions, a temperature check and hand sanitizer.
- The Next Café has reopened and snacks or a light lunch are available for a nominal charge. No food intended for sharing is allowed.
- Players sit at large round tables, socially distanced with four per table.
- Masks that cover the nose and mouth must be worn at all times.
- After play, playing cards and tiles will be cleaned and quarantined and later rotated back into active playing.
- Participation will be dictated by room sized based on proper social distancing guidelines.

MAH JONGG

Mondays from 10:30 am to 12:30 pm and 1:00 to 4:00 pm

Come with your own Mah Jongg table partners or stop by the office to sign up if you would like to play. You must be able to play independently. If you are interested in joining a group, contact the Next office.

PINOCHLE...come and join the fun!

Monday through Friday from 12:00 noon to 3:00 pm

All skill levels welcome. For additional information, contact Ed Schouten at edward.schouten@gmail.com.

BINGO

Mondays, May 3, 17 and June 7, 21 at 1:00 pm

Admission cost: Complimentary members / \$2 guests

Cost to play: \$2 per card for members and guests

Join the fun for eight games of regular Bingo with your fellow Next members and their guests.

BRIDGE...for everyone at every level!

Duplicate Bridge - Mondays from 11:00 am to 2:00 pm
Facilitator Al Rosie

Partners Bridge - Tuesdays from 2:00 to 5:00 pm
Come with your partner. Experienced players, please.

Party Bridge - Wednesdays from 12:00 noon to 3:15 pm

Duplicate Bridge - Fridays from 11:00 to 2:00 pm

Beginning June 4, please note this start date! For additional information, contact Facilitator Irv Feldman at 248-828-5346.

CHESS CLUB

Thursday evenings from 4:00 to 6:00 pm
Cost: Complimentary members / \$5 guests

This club seeks to bring together people who have an interest in chess and wish to advance their skill, regardless of prior experience. All are welcome. For additional information, please contact Chris Dow at 248-647-0728.

CHESS...JOIN THE FUN!

Tuesdays from 1:00 to 3:00 pm

Beginners to advanced players are invited to play!

BIRMINGHAM STAMP CLUB

Tuesdays, May 4, 18 and June 1, 15 at 5:00 pm

For information contact Ken Rusch at 248-968-3505.

COIN CLUB

Monday, May 17 at 5:00 pm

For information contact Robert Beuter at 248-646-9657.

Coin Club will take a Summer hiatus beginning in June and will resume in the Fall.

COMPUTER LAB

Computer Lab will be available during business hours.



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SUPPORT SERVICES

INFORMATION ABOUT COMMUNITY RESOURCES

Support Services are available to Next members, seniors in the community, in-town and out-of-town family members, and caregivers. Come in or call with any questions; we are here to help with resources, information, and referrals in a wide range of areas. Jeanne Nance and Sandi Cassar in Support Services welcome you Monday through Thursday, 9:00 am to 4:00 pm and Friday, 9:00 am to 3:00 pm.

ASK THE ATTORNEY

Tuesdays, May 4 and June 1 from 1:00 to 1:45 pm

Local attorney Ed Pugh will be at Next to provide assistance with your legal questions. Please call Next to schedule your complimentary 15-minute appointment. Only available to Next members.

TRANSPORTATION

Door-to-door transportation service is available for seniors and disabled adults residing in Birmingham, Beverly Hills, Bingham Farms, and Franklin. Our friendly Next drivers will take you to medical, dental, personal appointments, shopping or activities at Next. Transportation hours are 8:30 am to 5:00 pm, Monday through Thursday. For reservations, please call 248-203-5270 at least three working days in advance to request a ride.

LAWN MOWING & SNOW REMOVAL for Birmingham & Beverly Hills Residents

Lawn mowing and snow removal services are available for income-eligible seniors — and income-eligible disabled residents — in Birmingham and Beverly Hills funded under the Community Development Block Grant Program (CDBG). Enrollment is limited and only available as long as funding is available. Please call Jeanne Nance or Sandi Cassar at Next for more information.

FINANCIAL ASSISTANCE

Michigan Seniors Benefits Enrollment Center can help find services and programs to ease the strain of a tough financial situation. All recommendations are based on individual situations. Call 800-347-5297 to discover what may be available.

MINOR HOME REPAIR for Beverly Hills & Birmingham Residents

Community Development Block Grant funds are available to assist income-eligible seniors — and income-eligible disabled residents — in Birmingham and Beverly Hills with minor home repairs. Please call Next Support Services for more information.

LET'S HEAR FROM YOU!

Support Services often refers Next members to reputable companies that provide services for home repairs, such as plumbing, electrical, handyman work, cleaning, etc. If you have a licensed and insured company to recommend, please call to share your contact. It's a great service to other Next and community members.

FOUNDATION FOR BIRMINGHAM SENIORS


The Foundation provides two forms of financial assistance to Birmingham senior residents who income-qualify. Please call us for more information.

- Funding for minor home repairs such as handrail installations, plumbing, roof, electrical work, etc. These funds do not need to be repaid.
- Interest-free loans for major home repairs such as replacing a roof, furnace, windows, etc. These no-interest loans are repaid after the sale of the home.

OAKLAND COUNTY EMERGENCY CELL PHONE PROGRAM

Cell phone distribution: Fridays from 9:00 am to 12:00 noon
Oakland County Sheriff's Office, 1200 N. Telegraph Road,
Building 38E, Pontiac MI 48341

Providing seniors with a mobile means of getting help in an emergency. For more information, please call 248-975-9700.



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Mondays, May 3 and June 7 from 11:00 am to 12:00 pm

Cost: Complimentary - No appointment is required.

A trained healthcare professional will screen your blood pressure and blood oxygen levels.

NUTRITION SUPPORT

Ensure Plus (vanilla or chocolate flavor) is offered at a reduced price with a physician's prescription and application. Please call the Next office for more information or to place your order.

MEDICAL EQUIPMENT LOANS

Our loan closet contains wheelchairs, walkers, canes, bath benches, shower stools and commodes available for up to 3 months — and transport wheelchairs for 3 weeks — at no charge to members of Next. Guests pay a \$20 fee per item. Simply call to reserve the equipment you need.

MEALS ON WHEELS

If you are homebound and need assistance with nutritious meals, call Oakland Meals on Wheels at 248-689-0111 to sign up. If you would like to volunteer to help deliver meals once a week, once a month or once in a while, call Next Meals on Wheels Coordinator, Judy Murrell at 248-203-5281.

HEARING AID & EYEGLASSES DONATIONS & RECYCLING PROGRAM

The Support Services Department always welcomes donations of hearing aids and eyeglasses for the Lions Club program. Please bring your donations to Support Services or the Next office.

NURSE ON CALL

This program offers information about health-related resources. Oakland County Health Department public health nurses answer questions regarding communicable diseases, immunizations, prescription assistance, nutrition and more. Call 800-848-5533 or email noc@oakgov.com.



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EARLY STAGE MEMORY LOSS SUPPORT GROUP

The Alzheimer's Association offers support groups for people in early stages of Alzheimer's or related dementias. Care partners and family members are welcome to attend the virtual meetings. Please call 800-272-3900 for pre-assessment.

MEDICARE/MEDICAID GUIDANCE

Are you new to Medicare or considering retirement? The Area Agency on Aging 1-B Medicare Medicaid Assistance Program (MMAP) provides unbiased help with Medicare and Medicaid — at no charge. Please call 800-803-7174 for more information. Counselors can help over the phone or you can make an appointment to meet with a MMAP counselor in person.

VISION ENRICHMENT SUPPORT GROUP

Will resume in the future. Please call the office if you want any additional information. 248-203-5270.

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Call **248-934-3801** to schedule a tour or to get a copy of The Complete Guide to Dementia for Caregivers.

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EXCITING NEWS AT NEXT

THE NEXT CAFÉ IS READY TO SERVE YOU ONCE AGAIN!

Beginning in May, enjoy fresh, locally made food by one of Birmingham's best delica-
tessens, Stacked Deli. Individual green salads such as Greek, Cobb
or Chicken and also offered are generous scoops of just tuna and
chicken salad if you don't want to bother with those pesky greens!
Enjoy in the Next Café or carry-out for later. Delicious, fresh, con-
venient, and supporting a local small business — great, all the
way around!



THE TENT RETURNS TO THE NEXT COURTYARD!

We can look forward to June when the big, beautiful, white tent
returns to the Next courtyard for the summer months opening up
the outdoors for fitness classes and other programs!

THE NEXT WEST PARKING LOT IS EXPANDING!

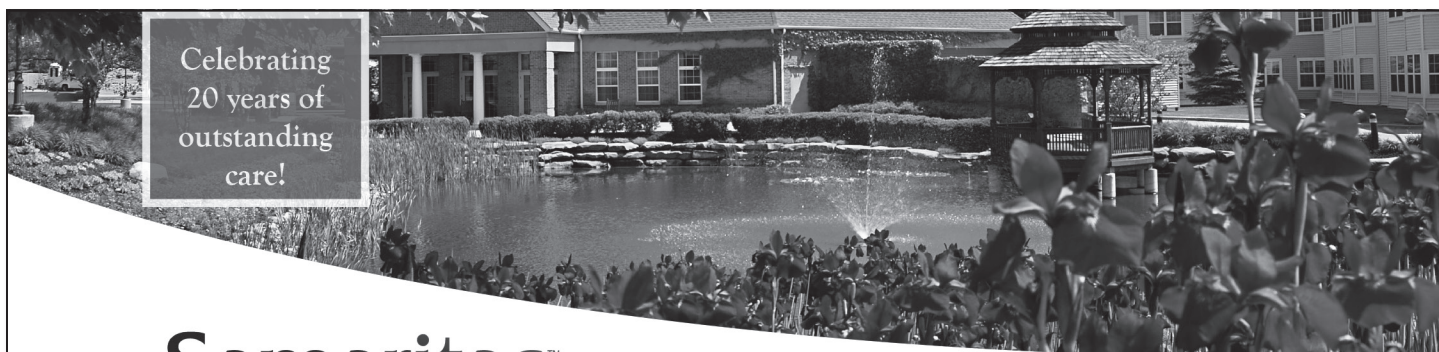
Next is grateful for Birmingham Public Schools for their ongoing
support and allocating funds from the recent bond to add 50 spots
to the west parking lot and resurface both of the existing lots.
Next and the Early Childhood Center have worked together to make
parking available and the additional spaces will be very useful.

The new parking lot will be constructed beginning June 15 and
finishing around June 30. During this time, for your convenience,
remember to come to the Next east entrance.

Thank you to Birmingham Public Schools for your support of
Next with this important improvement to our parking lots.

GOLF CLASSIC TO BENEFIT NEXT - SAVE THE DATE!

The Golf Classic to Benefit Next
will be held on Friday, September 10
at Springdale Golf Course when we
come together to enjoy and after-
noon on the links! Look for additional
information in the July/August issue of the Next newsletter!



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THANK YOU FOR SUPPORTING NEXT!

INDIVIDUALS

Frank and Jenny Brzenk, Janice Ericksen, Janet Halper, Joe and Beverly Kado, Dolores Kornblum, Patricia Kubik, Mike and Jan Matuszewski, Mildred Murdock, Annis Pratt, Kathy Schein, Haim Schlick, Oletha Stanfield, Chet and Mary Sternicki and David Underdown.

GOODS & SERVICES

Ron and Marilyn Cantin, Karen Guenther, Georgina Hagemeyer, Sybil Kickham, Janice King, Margaret McCollough, Officer Casey Pederson, Marilyn Rodzik and Susan Vestre.

MEET OUR NEWEST MEMBERS...

We continue to spread the word about Next membership and are pleased to introduce you to our newest members:

Lawrence Black, Lawrence and Jennifer Furdock, Scott Glasson and Amy Scott, Bob Gordon and Liz Hurbis, Michelle Henning, Cheng Khoo, David and Roxane Knier, Sonee Lapadot, Meredith Lovell, Tom Lyczkowski, Carol Marshall, Kimberly McWilliams, Gary and Charlene Molnar, Hunter Montgomery, Joanne O'Hara, Gerald and Carol Rito, Brian Roberts, Judith Smith, Patty Smolen-Levison, Judith Stahl, Carol Swope, Richard Wigginton, Andrea Wilkins.

FROM THE NEXT STAFF!

**Thank you for making Next
a great place to be!**

Cris Braun, Executive Director
Sara Callender, Office Support
Sandi Cassar, Support Services
Sandy Catterall, Financial Administrator
Susan Gwizdz, Marketing & Communications
Jolee Hentgen, Program Planner
Kim Holmes, Facility Operations
Terri McCardell, Program Planner
Calvin Moss, Van Driver
Judy Murrell, Meals on Wheels
Jeanne Nance, Support Services
Fletcher Reliford, Van Driver
Bev Singer, Office Support
Kathleen Tillson, Office Supervisor

**Our condolences to the family
and friends of...** Phyllis Austin.

Our thoughts are with you...

Judy Figa, Mark and Donna Kelly, Colleen Kokkinis, Dolores Kornblum and Dolores Lane.

POLICY REMINDERS

► For our new and existing members, the Next Member Policy Handbook is available on our website and in the office. Thank you for adhering to the Next member policies — and for your commitment to making Next the best place to stay active & connected!

► Please pre-register for all Next programs. It helps us plan for seating, class materials and refreshments. No refunds given after a program or speaker presentation. We are not able to offer classes or programs on a prorated basis.

► While Next is unable to endorse any of the products or services of our newsletter sponsors, we appreciate the support of these businesses.



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NEXT — YOUR PLACE TO STAY ACTIVE & CONNECTED IN MAY 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 9:15 Monday Moves 10:00 Limber Up Knitting & Crocheting Open Studio 10:15 Line Dancing 10:30 Mah Jongg 11:00 Blood Pressure & Blood Oxygen Clinic Duplicate Bridge 12:00 Pinochle 12:30 Pickleball 1:00 Bingo Popular Reads Book Club Mah Jongg 4:00 Pickleball	4 11:00 Women's Roundtable 12:00 Healthy Plants: Managing Disease in the Garden Pinochle 1:00 Ask the Attorney Chair Yoga & Meditation Chess 2:00 Partners Bridge 4:00 Mat Yoga Pickleball 5:00 Stamp Club	5 9:00 Men's Roundtable 9:15 Wednesday Flow Yoga 10:00 Limber Up Needle Arts Open Studio 10:30 Engineering an Empire - Rome 12:00 Pinochle Party Bridge 1:00 Chair Yoga 2:00 Watercolor Workshop 2:30 Mindfulness & Meditation Tennis League 4:00 Pickleball 5:00 Movie: Mr. Holmes	6 9:30 Writer's Corner 10:00 Zumba Gold! Pottery Open Studio Bowling League 10:30 Slow Flow & Yoga Stretch 12:00 Chair Yoga & Meditation Pinochle 12:30 Pickleball 1:00 Painting Open Studio 4:00 Chess Club 6:00 Lecture: Smashing the Trap at the Chosin Reservoir	7 10:00 Limber Up 12:00 Current Events Pinochle 12:30 Pickleball Tennis League
10 9:15 Monday Moves 10:00 Limber Up Knitting & Crocheting Open Studio 10:15 Line Dancing 10:30 Mah Jongg 11:00 Duplicate Bridge 12:00 Pinochle 12:30 Pickleball 1:00 Mah Jongg 4:00 Pickleball	11 10:00 Non-Fiction Book Club 11:00 Women's Roundtable 12:00 Pinochle 1:00 Chair Yoga & Meditation Chess 2:00 Partners Bridge 4:00 Mat Yoga Pickleball	12 9:00 Men's Roundtable 9:15 Wednesday Flow Yoga 10:00 Limber Up Needle Arts Open Studio 12:00 Pinochle Party Bridge 1:00 COVID-19: Where We've Been & Where We're Going Chair Yoga 2:00 Watercolor Workshop 2:30 Mindfulness & Meditation 4:00 Pickleball 5:00 Movie: Think Like a Dog	13 10:00 Zumba Gold! Pottery Open Studio Bowling League 10:30 Slow Flow & Yoga Stretch 12:00 Chair Yoga & Meditation Pinochle 12:30 Pickleball 1:00 Painting Open Studio 1:30 Sinatra! - Part 1 4:00 Chess Club 6:00 Lecture: Is Northern Ireland's Peace Unraveling?	14 10:00 Limber Up 12:00 Current Events Pinochle 12:30 Pickleball
17 9:15 Monday Moves 10:00 Limber Up Knitting & Crocheting Open Studio 10:15 Line Dancing 10:30 Mah Jongg 11:00 Duplicate Bridge 12:00 Pinochle 12:30 Pickleball 1:00 Bingo Mah Jongg 1:30 Essential Oils 4:00 Trivia Time! Pickleball 5:00 Coin Club	18 10:00 Photography Club 11:00 Confetti Bowls Women's Roundtable 12:00 Pinochle 1:00 Michigan Redistricting Chair Yoga & Meditation Chess 2:00 Partners Bridge 4:00 Mat Yoga Pickleball 5:00 Stamp Club 6:00 Birmingham's City Wide Master Plan	19 9:00 Men's Roundtable 9:15 Wednesday Flow Yoga 10:00 Limber Up Needle Arts Open Studio 10:30 Engineering an Empire - Egypt 12:00 Pinochle Party Bridge 1:00 Chair Yoga Mixed Media Painting Workshop 2:00 Watercolor Workshop 2:30 Mindfulness & Meditation 4:00 Pickleball 5:00 Movie: Iron Lady	20 9:30 Writer's Corner 10:00 Zumba Gold! Pottery Open Studio Bowling League 10:30 Slow Flow & Yoga Stretch 12:00 Chair Yoga & Meditation Pinochle 12:30 Pickleball 1:00 Painting Open Studio 1:30 Presidential Trivia with Abraham Lincoln 4:00 Chess Club 6:00 Lecture: Black Bottom Saints	21 10:00 Limber Up 12:00 Current Events Pinochle 12:30 Pickleball
24 9:15 Monday Moves 10:00 Limber Up Knitting & Crocheting Open Studio 10:15 Line Dancing 10:30 Mah Jongg 11:00 Duplicate Bridge 12:00 Pinochle 12:30 Pickleball 1:00 Mah Jongg 4:00 Pickleball	25 11:00 Confetti Coupe Cocktail Glasses Women's Roundtable 12:00 Pinochle 1:00 Chair Yoga & Meditation Chess 2:00 Partners Bridge 4:00 Mat Yoga Pickleball 6:00 Sheila Landis & Brazilian Love Affair	26 9:00 Men's Roundtable 9:15 Wednesday Flow Yoga 10:00 Limber Up Needle Arts Open Studio 12:00 Pinochle Party Bridge 1:00 Chair Yoga Mixed Media Painting Workshop 2:30 Mindfulness & Meditation 4:00 Pickleball 5:00 Movie: Rudy	27 10:00 Zumba Gold! Pottery Open Studio Bowling League 10:30 Slow Flow & Yoga Stretch 12:00 Chair Yoga & Meditation Pinochle 12:30 Pickleball 1:00 Painting Open Studio 4:00 Chess Club 6:00 Lecture: Detroit's Violent Years	28 Enjoy your Memorial Day Weekend! Closed
31 Happy Memorial Day! Closed				

NEXT — YOUR PLACE TO STAY ACTIVE & CONNECTED IN JUNE 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
31 Happy Memorial Day! Closed	1 10:00 Drawing Workshop 11:00 Women's Roundtable 12:00 Pinochle 1:00 Ask the Attorney Chair Yoga & Meditation Chess 2:00 Partners Bridge 4:00 Mat Yoga Pickleball 5:00 Stamp Club	2 9:00 Men's Roundtable 9:15 Wednesday Flow Yoga 10:00 Limber Up Needle Arts Open Studio 10:30 Engineering an Empire - Greece 12:00 Pinochle Party Bridge 1:00 Chair Yoga Mixed Media Painting Workshop 2:30 Mindfulness & Meditation 4:00 Pickleball 5:00 Movie: Ad Astra	3 9:30 Writer's Corner 10:00 Zumba Gold! Bowling League Pottery Open Studio 10:30 Slow Flow & Yoga Stretch 12:00 Chair Yoga & Meditation Pinochle 12:30 Pickleball 1:00 Painting Open Studio 4:00 Chess Club 6:00 Lecture: Detroit Red Wings' Ken Daniels	4 10:00 Limber Up 11:00 Duplicate Bridge 12:00 Current Events Pinochle 12:30 Pickleball
7 9:15 Monday Moves 10:00 Limber Up Knitting & Crocheting Open Studio 10:15 Line Dancing 10:30 Mah Jongg 11:00 Blood Pressure & Blood Oxygen Clinic Duplicate Bridge 12:00 Pinochle 12:30 Pickleball 1:00 Bingo Popular Reads Book Club Mah Jongg 4:00 Pickleball	8 10:00 Drawing Workshop Non-Fiction Book Club 11:00 Women's Roundtable 12:00 Pinochle 1:00 Chair Yoga & Meditation Chess 2:00 Partners Bridge 4:00 Mat Yoga Pickleball	9 9:00 Men's Roundtable 9:15 Wednesday Flow Yoga 10:00 Limber Up Needle Arts Open Studio 11:00 The Chicago World's Fair 12:00 Pinochle Party Bridge 1:00 Chair Yoga Mixed Media Painting Workshop 2:30 Mindfulness & Meditation 4:00 Pickleball 5:00 Movie: Amazing Grace	10 10:00 Zumba Gold! Bowling League Pottery Open Studio 10:30 Slow Flow & Yoga Stretch 12:00 Chair Yoga & Meditation Pinochle 12:30 Pickleball 1:00 Painting Open Studio 4:00 Chess Club 6:00 Lecture: Common Ground at 50!	11 10:00 Limber Up 11:00 Duplicate Bridge 12:00 Food Truck Friday - Pasty Day! Current Events Pinochle 12:30 Pickleball
14 9:15 Monday Moves 10:00 Limber Up Knitting & Crocheting Open Studio 10:15 Line Dancing 10:30 Mah Jongg 11:00 Duplicate Bridge 12:00 Pinochle 12:30 Pickleball 1:00 Mah Jongg 4:00 Pickleball	15 10:00 Drawing Workshop Photography Club 11:00 Balloon Flip Flops Women's Roundtable 12:00 Pinochle 1:00 Chair Yoga & Meditation Chess 2:00 Partners Bridge 4:00 Mat Yoga Pickleball 5:00 Stamp Club	16 9:00 Men's Roundtable 9:15 Wednesday Flow Yoga 10:00 Limber Up Needle Arts Open Studio 10:30 Engineering an Empire - The Maya 12:00 Pinochle Party Bridge 1:00 Chair Yoga 1:30 Marimba, Marimba! 2:30 Mindfulness & Meditation 4:00 Pickleball 5:00 Movie: The Farewell	17 9:30 Writer's Corner 10:00 Zumba Gold! Bowling League Pottery Open Studio 10:30 Slow Flow & Yoga Stretch Healthcare 101: Made Simple 12:00 Chair Yoga & Meditation Pinochle 12:30 Pickleball 1:00 Painting Open Studio 4:00 Chess Club 6:00 Lecture: Promise & Limits of Technology for Successful Longevity	18 10:00 Limber Up 11:00 Duplicate Bridge 12:00 Current Events Pinochle 12:30 Pickleball
21 9:15 Monday Moves 10:00 Limber Up Knitting & Crocheting Open Studio 10:15 Line Dancing 10:30 Mah Jongg 11:00 Duplicate Bridge 12:00 Pinochle 12:30 Pickleball 1:00 Bingo Mah Jongg 4:00 Trivia Time! Pickleball	22 10:00 Drawing Workshop 11:00 Patriotic Cupcake Liner Wreath Women's Roundtable 12:00 Pinochle 1:00 Chair Yoga & Meditation Chess 2:00 Partners Bridge 4:00 Mat Yoga Pickleball 6:00 Dancing with the Stars!	23 9:00 Men's Roundtable 9:15 Wednesday Flow Yoga 10:00 Limber Up Needle Arts Open Studio 12:00 Pinochle Party Bridge 1:00 Chair Yoga 2:30 Mindfulness & Meditation 4:00 Pickleball 5:00 Movie: Bewitched	24 10:00 Zumba Gold! Bowling League Pottery Open Studio 10:30 Slow Flow & Yoga Stretch 12:00 Chair Yoga & Meditation Pinochle 12:30 Pickleball 1:00 Painting Open Studio 1:30 Sinatra! - Part 2 4:00 Chess Club 6:00 Lecture: Let's Travel to Turkey!	25 10:00 Limber Up 11:00 Duplicate Bridge 12:00 Current Events Pinochle 12:30 Pickleball
28 9:15 Monday Moves 10:00 Limber Up Knitting & Crocheting Open Studio 10:15 Line Dancing 10:30 Mah Jongg 11:00 Duplicate Bridge 12:00 Pinochle 12:30 Pickleball 1:00 Mah Jongg 4:00 Pickleball	29 11:00 Women's Roundtable 12:00 Pinochle 1:00 Chair Yoga & Meditation Chess 2:00 Partners Bridge 4:00 Mat Yoga Pickleball	30 9:00 Men's Roundtable 9:15 Wednesday Flow Yoga 10:00 Limber Up Needle Arts Open Studio 12:00 Environmental Allergies Pinochle Party Bridge 1:00 Chair Yoga 2:30 Mindfulness & Meditation 4:00 Pickleball 5:00 Movie: Room with a View		



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HOURS

Monday through Thursday
from 8:30 am to 7:00 pm
Friday
from 8:30 am to 3:00 pm

HOLIDAY HOURS

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